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Wisdom Is Within
SELF DISCOVERY WORKS



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Celebrating our Loved Ones

I recently had the pleasure of celebrating a “big” birthday with my husband. We were blessed with the presence of our children, grandchildren and the joy of welcoming a new born to the family. It was a magical time...

Celebrating another’s birthday has always been an important part of the connection I share with others. I am honoured to be given the opportunity to take a moment to hold them with love and gratitude in my heart.

Taking the time to celebrate our loved ones with family and friends is one of the greatest gifts one can share... Acknowledging ourselves and our contribution to those in our lives is also a very special gift.

How often do you take time out of your day to stand in gratitude for the special people in your life? How often do you take time out of your day to appreciate the special gift your friendship provides to others?

I believe self-acceptance is a very important part of the love connection. The more I am able to appreciate my contribution to the lives of those I am honoured to walk beside on this journey, the richer my experience of joy becomes.

To witness love in the eyes of another is such a precious experience. It takes attention and intention... Take a moment to feel the love and appreciation you have for others in your life and ask yourself this question: “Do I appreciate myself as much as I do them?”

Voltaire said: Appreciation is a wonderful thing, it makes what is excellent in others belong to us as well.

As I celebrate my loved ones, I celebrate myself... The circle of love is complete. As I appreciate myself, I am able to appreciate others. These are tools for releasing the old negative patterns that may be holding you back and welcoming new levels of love and connection to your life.

Today I...

Celebrate the love in my life...

Appreciate the gifts I share with others...

Welcome new levels of love and connection...

Acknowledge the gift of my presence in the lives of others

And so it is...

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